



DEPARTMENT OF THE NAVY
HEADQUARTERS UNITED STATES MARINE CORPS
WASHINGTON, DC 20380

MCO 6100.11
MRM
27 Apr 1987

MARINE CORPS ORDER 6100.11

From: Commandant of the Marine Corps
To: Distribution List

Subj: Marine Corps Youth Physical Fitness (YPF) Program for
Secondary School Students

Ref: (a) MCO 4001.2
(b) SECNAVINST 4001.2E

Encl: (1) Listing of Available Support Material
(2) U.S. Marine Corps Youth Physical Fitness Program
Sequence and Description of Events
(3) Marine Corps Youth Physical Fitness Scoring Chart

1. Purpose. To establish guidelines for Marine Corps programs in the local community to increase youth awareness of physical fitness, provide high school nonvarsity athletes an opportunity to participate in a competitive physical fitness program, and foster a more favorable recruiting environment in the high schools.

2. Background. The Marine Corps YPF Program commenced in 1958 as a local competition. In 1966, the program was expanded to include a national competition held in Washington, DC. Marine Corps districts and other Marine Corps commands are encouraged by the Commandant of the Marine Corps (CMC (MR)) to foster YPF programs to support recruiting efforts at the high school level. The United States Marines Youth Foundation supports the YPF Program by offering the National Marine Corps League Physical Fitness Program Booklet and the National YPF Program of the Marine Corps League Certificate of Athletic Accomplishment to anyone desiring to participate in the program.

3. Action

a. It is desired that the information set forth in this Order be given widespread distribution by Marine Corps districts, the Commanding General, 4th Marine Division, and the Commanding General, 4th Marine Aircraft Wing so that recruiting stations, substations, and Selected Marine Corps Reserve units may assist high schools in the operation of the YPF Program. Enclosure (1) lists Marine Corps and Marine Corps League support material available to assist program implementation.

b. The commanding generals/commanding officers of Marine Corps posts, stations, and barracks are directed to support the Marine Corps YPF Program by:

(1) Implementing the program at all Marine Corps base-operated high schools and schools sponsoring Marine Corps Junior Reserve Officers Training Course units.

(2) Encouraging the adoption of the YPF Program in school districts neighboring their installations.

(3) Furnishing facilities and officials to assist in YPF meets.

(4) Cooperating and coordinating their efforts with the local recruiter, officer selection officer, or inspector-instructor (I-I).

(5) Providing public affairs assistance in support of the YPF Program.

c. Senior Marine instructors of Junior Reserve Officers Training Corps units are encouraged to make every effort to include the Marine Corps YPF Program in school curriculum.

4. Instructions

a. YPF Program. Establishment of YPF programs at the community level will be in keeping with the following guidelines:

(1) The magnitude of the YPF Program to be sponsored by specific activities will be tailored to the size of the community involved, capabilities of the Marine Corps activity concerned and amount of awareness potential for recruiting programs.

(2) The key to the success of this program rests with its appeal to a broad base of students, its ability to be implemented utilizing existing facilities and the support of state and local school officials, physical education teachers and prominent civic-minded citizens. Marines cannot do the job alone, nor are they expected to do so.

b. Marine Corps districts/recruiting stations should maximize use of available support material listed at enclosure (1). Dissemination of Marine Corps League materials is conducted on an as-needed basis through the appropriate chain of command to the CMC (MRM). Solicitation of support materials to Marine Corps districts/recruiting stations will be made annually by the CMC (MRM) to ensure overall program effectiveness.

c. YPF Meets

(1) Competition at the Marine Corps district/recruiting station level is encouraged. However, costs for these events cannot be borne by the Marine Corps.

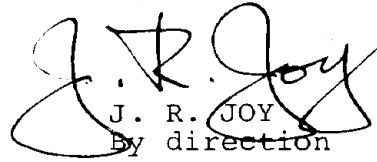
(2) National competition is conducted annually per guidance set forth by the CMC (MRM). Annual competition dates (usually in May of each year) and meet locations are disseminated by the CMC (MRM) to Marine Corps districts. Each team will consist of six or five members and one coach. Teams desiring to compete must have been evaluated by USMC personnel (recruiters, I-I staff members, reservists, etc.) and must obtain the minimum qualification score. Team qualification scores are 1,875 points for men (375-point average) and 1,250 points for women (250-point average). Team members must be full time students at a four- (grades 9-12) or three- (grades 10-12) year high school. Scoring for the national competition will be in strict compliance with enclosures (2) and (3).

5. Cooperative Advertisement/Financial Assistance. Cooperative advertisement and commercial sponsorship of the YPF Program at the district and recruiting station level must be approved by the CMC (MRM) prior to accepting support from the organization concerned. The references classify financial assistance or donations for support of the YPF Program as gifts. The Chief of Staff, Headquarters, U.S. Marine Corps has the authority to accept gifts that do not exceed a value of \$2,000 from a single donor. Gifts in excess of \$2,000 must be approved by the Secretary of the Navy. Reference (a) contains definitive guidance regarding the processing of gifts. Marine Corps personnel are not authorized to solicit gifts on behalf of the YPF Program. Reference (b) states, "...unless authorized by the Secretary of the Navy, requests for gifts (or contributions) for institutions or organizations of the Department shall not be initiated by persons in the Department of the Navy and gifts contrary to this policy shall not be accepted."

6. Responsibility for Personal Injury to Program Participants. Athletic facilities (e.g., sports arenas, college gyms, state fairgrounds, etc.) may attempt to require the Marine Corps or high schools sponsoring local competitions to assume financial responsibility for personal injuries suffered in such facilities by YPF participants. The Marine Corps will not voluntarily accept responsibility for injuries occurring incident to the YPF Program. High school sponsors alone must enter into any necessary agreements to assume liability for injuries. Individual participants and high school sponsors must also have adequate medical and/or liability insurance to cover the cost of foreseeable participant injuries.

MCO 6100.11
27 Apr 1987

7. Reserve Applicability. This Order is applicable to the
Marine Corps Reserve.



J. R. JOY
By direction

DISTRIBUTION: A

Copy to: 8145001

LISTING OF AVAILABLE SUPPORT MATERIAL

1. National Marine Corps League Fitness Program Booklet
2. National Youth Physical Fitness Program of the Marine Corps
League Certificate of Athletic Accomplishment
3. National Marine Corps Youth Physical Fitness Scoring Chart
4. U.S. Marine Corps Youth Physical Fitness Program Sequence and
Description of Events Chart

27 Apr 1987

U.S. MARINE CORPS

YOUTH PHYSICAL FITNESS PROGRAM

SEQUENCE AND DESCRIPTION
OF EVENTS

GENERAL INFORMATION

The information provided herein is designed to serve as a guideline for implementation of the YPF Program. In certain instances, this equipment specified below may not be available to all schools participating in the program. In such cases, representatives of the local Marine Corps Recruiting Service are authorized to make suitable substitutions. The exercises are to be run in the exact sequence outlined below, with competitors being allowed to rest for only three minutes between each exercise.

**1. SIT-UPS**

• **Equipment**—Gym mats such as those used for tumbling or wrestling.
• **Position**—Competitor lies on back with legs bent and feet flat on the mat. Thighs must form a 45° angle with the ground. Hands are placed behind the head with fingers interlocked and touching the mat. Feet are held in place by an official counter by holding the feet at the competitors ankles. If a competitor is unable to be held in this manner, the official counter will kneel on the competitor's feet. The counter cannot hold the feet in any manner which could assist the competitor, i.e., the counter sits on the competitor's feet.

competitor's feet with arms locked behind the competitor's legs.
• **Execution**—Sit up, bending forward until the fore head is directly above or extended in front of the knees. Elbows must remain to the outside of the knees and need not touch any part of the leg. Return to the starting position, ensuring that the knuckles of the fingers or the back of the hands touch the mat before resuming the next repetition.
• **Time Limit**—Two (2) minute time limit.

IMPORTANT:
1. Fingers must remain interlocked.
2. Hands must remain behind and at the base of the head.

3. Head must come directly above or past the top of the knees.
4. Knees and feet cannot be spread further than shoulder width apart at any time during the exercise period. Feet must remain flat on the mat and legs must remain at a 45° angle during the entire exercise.
5. The buttock and/or heel of the back cannot be raised more than one (1) inch above the mat when beginning each repetition.
6. Competitors may rest in either the up or down position as long as they maintain the correct body position while resting.

2. PUSH-UPS

• **Equipment**—Exercise is to be performed with competitors on concrete or asphalt surface. An outdoor grassy surface may be utilized only if the ground is firm and the grass is cut short.

• **Position**—Hands are placed palms down, flat on the deck directly under the shoulders. Boys will position hands with the knuckle of the small finger aligned with the outside edge of the shoulder; girls will align hands with the thumb in line with the outside edge of the shoulder. The body is held in a straight line parallel to the deck from the shoulders to the feet with no part of the body touching the deck other than hands and feet. Elbows are locked with arms forming a straight line perpendicular to the deck from the shoulders to the wrists. Feet may be spread no further than one foot apart. Counter lies face down on deck opposite the competitor, placing his/her hand palm down under the competitor's chest for boys and placing the thumb will be at the top of the feet when placed on the deck under the chin for girls.

then one foot apart. Counter lies face down on deck opposite the competitor, placing his/her hand palm down under the competitor's chest for boys and placing the thumb will be at the top of the feet when placed on the deck under the chin for girls.

• **Execution**—The competitor lowers his/her body by bending the elbows and bringing his/her torso downward until his chest touches the back of the counter's hand for boys or until his chest touches the top of the counter's feet for girls. The body must maintain a straight line from the shoulders to the feet. The competitor returns to the starting position, again maintaining his/her body in a straight line. The elbows must lock straight before the next repetition begins.
• **Time Limit**—No time limit for the exercise since the exercise must be completed with a continuous motion.

IMPORTANT:

1. Sternum must touch counter's hand for boys while the chin must touch the counter's feet for girls.
2. No part of the body other than the hands and feet may touch the deck.
3. Body must be maintained in a straight line at all times from the shoulders to the feet.
4. Arms must lock straight to complete return to the starting position.
5. No rest pause is permitted. The exercise must be completed with a continuous motion; however, a one thousand count will be allowed in up position only. And at no time during the exercise can the back be arched or swayed.

3. STANDING BROAD JUMP

• **Equipment**—Exercise is completed with competitor jumping from flat surface cement or asphalt to grass. No pushoff board or raised edge is permitted. Takeoff line should be clearly marked on the cement or asphalt surface. Tape measure is required to measure distance.
• **Position**—Competitor stands with feet comfortably apart, toes just behind an established take-off line. Knees

may be flexed and arms may be swung forward and backward in a rhythmic motion to build momentum.
• **Execution**—Jump forward as far as possible. Landing may be on one or both feet.
• **Time Limit**—Three (3) jumps to be completed in three (3) minutes.

IMPORTANT:
1. Only the best of three jumps will be recorded for

score.
2. Measuring is from the take-off line to the nearest point of contact on the landing.
3. Stepping over the line and commencing the jump is a foul and counts as an attempt. Four jumps are not measured.
4. Failing or stopping backward after the landing will result in measurement to final point of contact rather than where the feet first touched.

4. PULL-UPS

• **Equipment**—Pulling bars that are approximately 1 1/4" in outside diameter. Bars should be taped with white adhesive tape. Rest is permitted; firm grip is not permitted.

• **Position**—Hang from the bar with palms away from the body. Thumbs must be curled under and around the bar. Hands will be placed on the bar no closer than 12" or no further than 32" apart. Arms and legs must be completely extended with feet off the deck. Ankles may be crossed to keep legs together.
• **Execution**—Pull body straight up, placing the chin

over the top of the bar. Return to starting position with arms fully extended.
• **Time Limit**—Two (2) minute time limit.

IMPORTANT:
1. Chin must be placed over the top of the bar.
2. Arms must be completely extended when body is lowered to starting position.
3. Legs must remain extended/straight at all times.
4. No swinging, jerking or kipping of the body is permitted. However, a slight "natural" swing is permissible. A counter will hold an arm extended in front of the competitor to keep body alignment straight during the exercise and prevent any excessive swinging.

5. Competitors are permitted to rest in the down position only.
6. Hands must remain on the bar at all times during the exercise. Unless a release mark repurposing of the hands is necessary to keep from slipping on the bar. Hands and arms cannot be "shaken-out" during the exercise.
7. Competitors must come to a complete dead hang following the last pull-up in order for that final repetition to be counted. Failure to do so, dropping from the bar while in the downward motion, will constitute a no count for that particular repetition.

5. 300-YARD SHUTTLE RUN

• **Equipment**—The run is normally performed on grass between two pylons spaced 60 yards apart. Stop watches are required to time the event.

• **Position**—Runners may use a standing, distance-type start or a crouched, sprinter start. No part of the body may be extended over the starting line and no device such as starting blocks or depressions may be used to assist the competitors.
• **Execution**—Each competitor runs the 60-yard distance

twice, the time, making a complete turn around each marker. On the first lap of the run, the competitor's total elapsed time for the event is clocked and recorded as he/she crosses past the event.
• **Time Limit**—Scored in ratio to total elapsed time required to complete the run.

IMPORTANT:
1. The run is continuous without stopping.
2. If a competitor fails to complete the run, he/she receives no points.

3. If a competitor knocks over a pylon while making a turn, he/she must return that pylon to the upright position and as close to the proper location as possible before commencing the event. If a competitor fails to return a toppled pylon to an upright and proper position, he/she receives no points.
4. Provided adequate equipment and times are available, more than one competitor may run the event at one time.
5. Running area should be level.

IMPORTANT:

The conduct of the exercises for the entire YPF meet is outlined as follows:
1. Rehearsal: the sequence in which exercises will be conducted and the time limits will be.

• **SIT-UPS**—two (2) minute time limit

• **PUSH-UPS**—no time limit, but a one-stop exercise with no longer than a one thousand count in the up position.

• **STANDING BROAD JUMP**—three (3) minute time limit to complete three (3) jumps.

• **PULL-UPS**—two (2) minute time limit (hands will remain on the bar with no shaking out permitted).

• **300-YARD SHUTTLE RUN**—scored in ratio to elapsed time needed to complete.

2. Each exercise event area should include six (6) exercise positions. If possible, with a like number of monitors and counters, thus enabling each member of a team to compete at the same time, adding in the time limit for each specified event as well as the three (3) minute time limit for resting between events. Teams must be staggered at the start so as not to create a backup of competitors at any event. i.e., all six (6) members of each team will begin the shuttle and proceed through the entire course as a unit. At the completion of each event, the team will be allowed a three (3) minute rest prior to commencing the next exercise. The next competing team should not be started on the exercise course until the previous team has reached the third exercise event, creating a gap between competing teams. Thus, only three (3) teams should be on the competition field at any given time.

3. Coaches should not be allowed to accompany teams to each event on the competition field. An escort should be assigned to the team who will accompany the team to each event and carry the team's official score sheet to the head monitor at each exercise event. In all cases, the head monitor at each exercise event has the final say in all disputes concerning that event only. A coach's area adjacent to each event should be designated with coaches required to stay in that area. Failure to do so will result in team disqualification.

4. Although six (6) members will compete, only the score of the five (5) highest competitors on the team will count toward the team's score. Team ties will be broken by adding the score of sixth team member to each team's score. If one of the tied teams has only five (5) competitors, the team with the six (6) competitors wins. If a tie still exists, a comparison

of team score by event using the sequence listed above, will be the deciding factor. If for any reason a tie still exists, the run will be run to determine the winner.

5. The sequence in which teams will participate will be determined just prior to the commencement of the meet by drawing numbers. Once the team sequence is established, teams should complete the course as described herein. If any team is not on the line ready to go when it is their turn to compete, that team will be disqualified.

6. Uniform for the competition will be appropriate shorts and shirts as commonly worn by track teams. Footwear will be sneakers or appropriate gym shoes. No spandex or cleated footwear will be allowed. Socks may be worn but are not mandatory. Footwear must be worn regardless of whether socks are worn. Indoor track shoes may also be worn.

7. All exercise events of the meet will be strictly judged and scored in accordance with the descriptions outlined herein. A team is subject to disqualification if any member interferes or interrupts the exercise of another team. Prior to the commencement of the meet, a demonstration of the proper way to perform each exercise should be given for the benefit of all competitors and coaches.

ENCLOSURE (2)

27 Apr 1987

MCO 6100.11

27 Apr 1987

Marine Corps Youth Physical Fitness Scoring Chart

POINTS	SIT UPS	PUSH UPS	BROAD JUMP **	PULL UPS	300 YARD RUN *	POINTS	POINTS	SIT UPS	PUSH UPS	BROAD JUMP **	PULL UPS	300 YARD RUN *	POINTS
1	11		5'8"		68.75	1	51	61	28	7'9½"	17	56.25	51
3	13		5'9"	1	68.25	3	53	63	30	7'10"		55.75	53
5	15		5'10"		67.75	5	55	65	32	7'11"		55.25	55
7	17		5'11"		67.25	7	57	67	34	8"	19	54.75	57
9	19		6"	3	66.75	9	59	69	36	8'1"		54.25	59
11	21		6'1"		66.25	11	61	71	38	8'2"		53.75	61
13	23		6'2"		65.75	13	63	73	40	8'3"		53.25	63
15	25		6'3"	5	65.25	15	65	75	42	8'4"		52.75	65
17	27		6'4"		64.75	17	67	77	44	8'5"		52.25	67
19	29		6'5"		64.25	19	69	79		8'6"		51.75	69
21	31		6'6"	7	63.75	21	71	81		8'7"		51.25	71
23	33		6'7"		63.25	23	73	83		8'8"		50.75	73
25	35		6'8"		62.75	25	75	85		8'9"		50.25	75
27	37	10	6'9"	9	62.25	27	77	87		8'10"		49.75	77
29	39	11	6'10"		61.75	29	79	89		8'11"		49.25	79
31	41		6'11"		61.25	31	81			9"		48.75	81
33	43		7"	11	60.75	33	83			9'1"		48.25	83
35	45		7'1"		60.25	35	85			9'2"		47.75	85
37	47		7'2"		59.75	37	87			9'3"		47.25	87
39	49		7'3"	13	59.25	39	89			9'4"		46.75	89
41	51	18	7'4"		58.75	41	91			9'5"		46.25	91
43	53	20	7'5"		58.25	43	93			9'6"		45.75	93
45	55	22	7'6"	15	57.75	45	95			9'7"		45.25	95
47	57	24	7'7"		57.25	47	97			9'8"		44.75	97
49	59	26	7'8"		56.75	49	99			9'9"		44.25	99

* INDICATES SECONDS ELAPSED

** Distances jumped which fall between those shown on chart are recorded with the lesser point total. i.e. 6'3½" is worth 14 points

ENCLOSURE (3)